Limited Thyme Sale

Starts Thursday at 10am through Sunday

Wild Caught

Snow Crab Clusters

$10.99 LB

SHOP ALL DEALS

while supplies last, offer valid 1.1-1.4

FRESH THYME MARKET

FRESHLY LOCKED DEALS
Spot this icon to discover natural and organic items priced to feel good all year long.

3.99
Florida Strawberries
1 lb

BUY ONE GET ONE FREE
20% OFF
Fresh Thyme Antibiotic-Free Chicken
price on package represents 20% off

Honeycrisp Apples 1.49 LB

Green and Red Grapes
extra large
2.99 LB

California Navel Oranges
3 lb bag
3.99

Large Seedless Cucumbers or Pint Angel Sweet Tomatoes
2/3

Fresh Express Chopped Salad Kits
9.7-13 oz
2/7

Giorgio Whole White and Bella Mushrooms
8 oz
2/4

Fresh Thyme Organic Ground Beef or Thomas Farms Organic Beef Steaks or Ground Beef
8 to 16 oz, mix or match
BUY TWO GET ONE FREE

Certified Angus Beef® Boneless Chuck Roast
Value Pack Value 85% Lean Ground Beef Ground Beef 16 oz 4.99
6.99 LB

Thomas Farms Beef Tenderloin
whole in bag, trim 2
16.99 LB

Jumbo 16/20 ct Raw EZ Peel or 31/40 ct Cooked Shrimp
wild caught
sold only in 2 lb bag $12.98
6.99 LB

coming soon

33% Off
All Vitamins and Body Care
Sale January 7-13

**Pre-order in-store December 26-January 5. Excludes clearance items*

Our biggest sale of the year starts January 7th, but you can

PRE-ORDER NOW!

DeLallo Olives or Select Spreadable Cheeses
4-10.5 oz
20%OFF

Boar's Head Charcuterie Trios
6 oz
8.99

Siete Tortillas
Fair
Good Food Guacamole or Avocado Mash
4 pack, 8 oz 8.99
7.99

Alyssa's Oatmeal Bites
5-6 oz
6.99

Fresh Thyme Pasture-Raised Large Eggs
dozen
2.99

Chobani Yogurt
4.5-5.3 oz
excluding Flips and zero sugar
10/$10

Seven Sundays Cereal
8-12 oz, select varieties
6.99

Fresh Thyme Purified Drinking or Spring Water
24 pk, 10.7 oz, quantities less than 2 are regular price
2/$6

Olipop Prebiotic Soda
4 pk, 12 oz
7.99

Cauligrower Frozen Pizza or Chicken Tenders
10.9-14 oz
25%OFF

Jesse & Ben's Frozen Fries
14 oz
6.99

Aloha Organic Protein Bars
1.98 oz
2/$5

HEALTHY EATING NEVER HAS TO BE BLAND

BUY ONE GET ONE 50% OFF

Primal Kitchen Condiments, Dressings, Sauces or Oils
4.7-24 oz

ANTIBIOTIC FREE

PROTEIN-PACKED SLICES

25% OFF

Applegate Organics or Naturals Pre-Sliced Deli Meat
select varieties, 4-7 oz

SIP FOR GUT GOODNESS

WHEN YOU BUY 3 OR MORE

3/$6

Olipop or GT's Prebiotic Soda or Kombucha
12-16.9 oz, quantities less than 3 are regular retail

ZESTY VITAMIN C

4.99

Florida Organic Red Grapefruit
5 lb

2/$14

Jennie O 99% Lean Ground Turkey
16 oz

LEAN PROTEIN, BIG BENEFITS

YOUR HYDRATION ESSENTIAL

BUY ONE GET ONE FREE

Fresh Thyme Alkaline Water
3 liter

DRINK YOUR DAILY BOOST

BUY TWO GET ONE FREE

Fresh Thyme Cold Pressed Juices
12 oz

GET A NEW START

2026

20% OFF

FROZEN FRUIT, MAXIMUM NUTRITION

Fresh Thyme Organic Frozen Fruit
10 oz

3/$6

WHEN YOU BUY 3 OR MORE

Barebells Protein Bars
1.9 oz, quantities less than 3 are regular price

SNACK SMART PROTEIN

HEALTHY HABITS, DAILY SUPPORT

20% OFF

Ancient Nutrition Wellness Supplements
entire line on sale

HEART HEALTHY HERO

99¢

Organic Hass Avocados
large

SNACK STRONG WITH FIBER

2/$8

Siete Grain-Free Tortilla Chips
5 oz

PALEO NON GMO GLUTEN FREE

Organic Carrots
1 lb bag
3.99

Digs
Organic Baby Potatoes
assorted varieties, 24 oz
2.99

Organic Blueberries or Raspberries
6 oz
3.99

Fresh Thyme January Top Trend

Nutrition is the foundation of a successful GLP-1 journey. Prioritize lean protein, dietary fiber, and healthy fats to preserve muscle and protect long-term health.

Cecily Martinez
Registered Dietitian,
Fresh Thyme Market

Certified Angus Beef® Boneless New York Strip Steak
14.99 LB

Gilbert's Chicken Sausage
10 oz
BOGO
buy 1, get 1 free

All-Natural Boneless Skinless Chicken Breast
Jennie-O 93% Lean Ground Turkey
16 oz
2.99 LB
.5¢/2

Fresh Ahi Tuna Steaks, Swordfish Steaks, or Previously Frozen Orange Roughy Fillets
10.99 LB

Boar's Head
No fillers, artificial colors, flavors, or trans fats. Always gluten free

Boar's Head Sweet B's BBQ Glazed Chicken Breast
10.99 LB

Boar's Head Brown Sugar & Spice Delight Off the Bone Ham
10.99 LB

Boar's Head Beef Bologna
Ben's Original Mac-n-Cheese
American Lard Dinner
9.99 LB
.75¢/2 LB

DEALS ON EVERYDAY WELLNESS

BIOptimizers
entire line on sale
25%

Ultima Replenisher Hydration Supplements
90-111 gm
18.99

Body Health Sports Nutrition
entire line on sale
20%

True Grace Multivitamins
select varieties and sizes
30%

Gold Thread Plant-Based Tonics
10.5 oz
2/5

A2 Milk Grassfed A2/A2 Milk
59 oz
4.99

Actual Veggies Frozen Plant-Based Burgers
12 oz
5.49

Jonny Pops Organic Dairy-Free Fruit Bars
6.72-14.8 oz
5.79

Carbone Pasta Sauce
15-24 oz
Bionn Protein Pasta 12-14.5 oz
6.99
2/5

Skinny Pop Popcorn
4.4 oz
2/6

Late July Organic Tortilla Chips
14.75 oz, party size
4.99

Goodles Mac & Cheese
5.25-8 oz
2/6

Fresh Thyme Organic Olive Oil
33.8 oz
11.99

Chomps Meat Sticks
1.15 oz
1.99

Bigelow Tea
18-20 ct, select varieties
2/6

Bulk Oats
Includes Organic
sold by the lb
25%OFF

find your closest store, shop the ad for pickup or delivery, or learn more here

Instacart Uber Eats

it's always fresh to recycle

FRESHLY LOCKED DEALS

Save this icon to Shazam national and regional deals, and get push notifications.

Prices valid 12/31/25-1/6/26 at our Michigan locations

We reserve the right to correct pricing errors. Not all items available in all stores. Bonds deposit is in addition to the gift box items, where applicable. Base and where purchases are subject to state laws. WICs and EBT available in Regal and Empire liquor store locations only. 21+ to buy of 750 fl. oz. of beer and 3,000 mL of wine can be purchased at any one time. All items are sold by the each unless otherwise noted.

even more

Vitamin and Body Care Savings

20% OFF

Huel
Protein and Greens
entire line on sale

25% OFF

Enzymedica
select varieties and sizes